

## **C123: Asian Medical History**

Mondays 12 – 1pm [optional reading seminar follows 1 – 2pm]  
Lecture Theatre, 2<sup>nd</sup> floor Wellcome Centre for History of Medicine,  
Euston House, 24 Eversholt Street, London NW1 1AD

Course Convenor:

Dr Vivienne Lo

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office hours: Tuesday 2-4pm

20 lecture hours

### **First Term: 10 lectures**

1. 29<sup>th</sup> September: Orientation
2. 6<sup>th</sup> October: Construction of the Chinese Medical Body 1
3. 13<sup>th</sup> October: Construction of the Chinese Medical Body 2
4. 20<sup>th</sup> October: Diagnosis & Treatment
5. 27<sup>th</sup> October: Construction of the Indian Medical Body

*Reading Week: week commencing 3<sup>rd</sup> November*

6. 10<sup>th</sup> November: Self-cultivation and Asian Medicine 1
7. 17<sup>th</sup> November: Self-cultivation and Asian Medicine 2
8. 24<sup>th</sup> November: Tibetan Medicine
9. 1st December: Physicians, Spirit Mediums and Gentlemen of Remedies
10. 8<sup>th</sup> December: Theories of Disease

### **Second Term: 10 lectures**

11. 12<sup>th</sup> January: Alchemy, Medicine and Religion (China)
12. 19<sup>th</sup> January: Alchemy, Medicine and Religion (India)
13. 26<sup>th</sup> January: The Pharmacological Traditions
14. 2<sup>nd</sup> February: Narcotic Culture: A History of Opiate Use in China
15. 9<sup>th</sup> February: Food and Medicine

*Reading Week: week commencing 16<sup>th</sup> February*

16. 23<sup>rd</sup> February: The Construction of Tradition: TCM
17. 1<sup>st</sup> March: Transmission of Asian Medicine to Europe
18. 8<sup>th</sup> March: Medical Pluralism in India
19. 15<sup>th</sup> March: Reception of Western Medicine in China/India
20. 22<sup>nd</sup> March: The Evaluation of Traditional Medicines

Asian medicine aims to provide knowledge of the background and development of key concepts and practices in the history of Chinese medicine, with a secondary focus on the history of Indian medicine; the transmission of these Asian medical systems to Europe and **the transmission of Western medicine to China and India**; the historical processes effecting the reception of traditional medicines in the modern world. The course will give a broad historical perspective, while at the same time focussing on the social, cultural and political contexts of key times of medical innovation. Lecturers on Indian medical systems will be given by Dr Dominik Wujastyk and Dr Sanjoy Battacharya.

### **Course Reading**

**Students are expected to spend three hours a week reading the books listed. Only highlighted texts are required readings. Almost all the readings can be found in the Wellcome library. A few necessitate a trip to SOAS library which you can enter with your student ID.**

\*\*\* Items marked with three asterisks and highlighted are required background reading and can be found in the Teaching Collection.

\*\* Items marked with two asterisks must be read and knowledge of their general theses will be assumed in relevant questions set in the final examination and in the essays.

§ Required reading for essay and exam questions on the topic in question held as photocopy in student loan collection. See the C123 box files.

Unmarked items are thoroughly recommended, but please refer to notes about usefulness.

For an extended reading see the list associated with essay options.

### **Assessment**

2 Pieces of Written Work: 1 Essay 25% due 8<sup>th</sup> December, and 1 Essay 25%, due 23<sup>rd</sup> February. (essays 2,500 words max 5,000)  
Examination (50%)

## Background Reading

*The following are easy illustrated readings which will give you a general understanding of Chinese and Indian history and culture. Concentrate on the late Warring States and early Empires as well as 19<sup>th</sup> and 20<sup>th</sup> C China. For the second term read sections on religion.*

Shaughnessy, Edward L. China: Land of the Heavenly Dragon (London: Duncan Baird, 2000) or  
Ebrey, Patricia, E. China, Cambridge Illustrated History (Cambridge: CUP, 1996), paperback in 1999.

Kulke, Hermann and Dietmar Rothermund. A History of India. (London: Routledge, 1990).

## Reference

Wilkinson, Endymion Chinese History: A Manual (Cambridge and London Harvard University Press, 2000).

Kohn, Livia, Daoism Handbook (Leiden: Brill, 2000).

Cua, A.S., Encyclopaedia of Chinese Philosophy (London & New York: Routledge, 2003).

## Chinese Medicine, Essential Readings

Francesca Bray, “Chinese Medicine” in Companion Encyclopaedia of the History of Medicine, ed. W F Bynum and Roy Porter (1993), vol. 1, 728 – 54.\*\*\*

Sivin, Nathan. Traditional Medicine in Contemporary China (Ann Arbor: Center for Chinese Studies, The University of Michigan, 1987), 43 - 80.\*\* [reading week term 1]

Unschuld, Paul. Medicine in China: A History of Ideas (Berkeley: University of California Press, 1985). 51 - 100.\*\* [reading week term 1]

Harper, Donald. Early Chinese Medical Literature: The Mawangdui Medical Manuscripts (London: KPI, 1998), 77-90.\*\* [reading week term 1]

Lu Gwei-djen and Joseph Needham, Celestial Lancets (Cambridge: CUP, 1980). State of the field essay as introduction to new edition by Lo\*\* [read for second term]

## Indian Medicine: General Readings

*Essential if you plan to answer Indian or comparative questions for essay or exam*

Zysk, Kenneth G. “Medicine in the Veda...”. Indian medical tradition, vol 1. (Delhi: Motilal Banaraisidass, 1996) 1 – 11.\*\*\*

Zysk, K. “Asceticism and healing in ancient India: medicine in the Buddhist monastery” Indian Medicine vol 2 (Delhi: Motilal Banaraisidass, second edn, 1998) 38 – 49.

Wujastyk, D. “Indian Medicine” in W F Bynum and Roy Porter (eds) Companion encyclopaedia of the history of medicine vol 1, (London: Routledge, 1993) 755-8.\*\*\*

Wujastyk, D. The Roots of Ayurveda (New Delhi: Penguin, 1988, reprinted in 2001). Chapter 1, and the introductions to chapters 2, 3, and 6.

1. 29<sup>th</sup> September: Orientation  
[1 - 2pm: DVD] The Dragon's Ascent/Science for Survival

2. 6<sup>th</sup> October: Construction of the Chinese Medical Body 1  
Sivin, N. (1987) 43 – 65.\*\*\*

**Lo, V. “The Influence of Yangsheng Culture on Early Chinese Medical Theory”,  
( London University: Phd Thesis,1998) Read Section 1.3.\*\*\***

Cua, A. (2003), 846 – 7, 616-7, 701-3.  
*Basic information on Yin, Yang, qi and shen.*

Graham, Angus. Yinyang and the Nature of Correlative Thinking (Singapore: The Institute of East Asian Philosophies, 1986).

*Or*

Graham, Angus. Disputers of the Tao (Illinois: Open Court, 1989), 314-370.  
*For those with an interest in philosophy of science – quite difficult reading, but very rewarding.*

3. 13<sup>th</sup> October: Construction of the Chinese Medical Body 2  
**Kuriyama, Shigehisa. The Expressiveness of the Body: and the Divergence of Greek and Chinese Medicine (New York: Zone Book, 1999), 111-192.\*\*\***

Lo, Vivienne “脈 The Channels: A preliminary examination of a Lacquered Figurine from the Western Han Period,” in Early China 21 (1996) [written with He Zhiguo], 81-123. §

4. 20<sup>th</sup> October: Diagnosis & Treatment  
Kuriyama, Shigehisa. The Expressiveness of the Body (New York: Zone Books, 1999) 17 – 108.\*\*

Unschuld (1985), 83 – 100.\*\*

Lo, Vivienne. “Spirit of Stone: technical considerations in the treatment of the jade body”,  
Bulletin of SOAS 99 – 127.\*\*

Despeux, Catherine. “From Prognosis to Diagnosis of Illness in Tang China” (See photocopy of Lo & Cullen Mediaeval Chinese Medicine [in press] in Teaching Collection, C123 Box files).\*\*

5. 27<sup>th</sup> October Construction of the Indian Medical Body  
Staal, Frits (1993). ‘Indian bodies.’ In Thomas P. Kasulis, Roger T. Ames,

Wimal Dissanayake (eds.), Self as body in Asian theory and practice,  
chap. 4, pp. 59-102. New York: SUNY.

6. 10<sup>th</sup> November: Self-cultivation and Asian Medicine 1

Exercise and diet: Wujastyk, Dominik (1998). *The roots of āyurveda: Selections from Sanskrit medical writings*. New Delhi: Penguin, 257–71: “Daily Regimen” and “Seasonal Regimen”.\*\*

Alchemy and virility: Wujastyk, Dominik (1998), 171- 6.\*\*

Rao, S. K. Ramachandra and S. R. Sudarshan (1985–1987). *Encyclopaedia of Indian medicine*. Bombay: Popular Prakashan, vol. 2, 176–78, 213.

Yoga: Eliade, Mircea (1970). *Yoga: immortality and freedom*, translated from the French by Willard Trask. Princeton: Princeton University Press, second edn. Chapter 2: “Techniques for autonomy”.

The *Hat.hayogapradāyikā*, a medieval yoga text: downloadable from <http://www.YogaVidya.com/>

Kāma: Doniger, Wendy and Sudhir Kakar (2002). *Kamasutra* by Mallanaga Vatsyayana, a new translation. Oxford University Press: Oxford, the latest and by far the most accurate and scholarly translation of the classic work.

7. 17<sup>th</sup> November: Self-cultivation and Asian Medicine 2

Ute Engelherdt, ‘Longevity Techniques and Chinese Medicine’ in Kohn, Livia, **Daoism Handbook** (Leiden: Brill, 2000), 109 – 133.\*\*\*

Harper (1998) Section 4, 110 – 147.\*\*

Wile, Douglas, Art of the Bedchamber: The Chinese Sexual Yoga Classics Including Women’s Solo Meditation Texts, (SUNY, 1992), 19 – 24.\*\*

“Crossing the Neiguan “Inner Pass” - A nei/wai “Inner/Outer” Distinction in Early Chinese Medicine?” in EASTM 17 (2000), 15 - 65.\*\*

8. 24<sup>th</sup> November: Tibetan Medicine

Adams, V, ‘Suffering the winds of Lhasa: politicized bodies, human rights, cultural difference, and humanism in Tibet, in Medical Anthropological Quarterly, 12.1 (1998) 74-102.

Jones, C.R, ‘The health transition, global modernity and the crisis of traditional medicine: the Tibetan case’ in Social Science and Medicine 48 (1982), 1803-1820. *and*

‘The transformations of Tibetan Medicine’ in Medical Anthropology Quarterly 9 (1995), 6-39.

Moise, R, ‘Remarks on Medicine and the State of Health in Tibet’, appendix in Tucci, G, To Lhasa and Beyond, New York, 1987 (1949)

Samuel, G, 'Tibetan Medicine in Contemporary India: Theory and Practice', in Linda Connor & Geoffrey Samuel, (eds), Healing Powers and Modernity: traditional medicine, shamanism and science in Asian Societies, Westport, CA., (2001).

For a detailed bibliography on Tibetan medicine itself, see  
Aschoff, J, Annotated Bibliography of Tibetan Medicine 1789-1995, Ulm (1996).

9. 1st December: Physicians, Spirit Mediums and Gentlemen of Remedies

**Berg, Daria. Carnival in China (Leiden: Brill, 2002), 61 – 161.\*\*\***

**Harper (1998) Section 4, 42 – 67 and 148 - 172.\*\*\***

10. 8<sup>th</sup> December: Theories of Disease  
(Wujastyk and Lo)

**Sivin, Nathan. Traditional Medicine in Contemporary China (Ann Arbor: Center for Chinese Studies, The University of Michigan, 1987), 273 - 288.\*\*\***

**K.F. Kiple. The Cambridge World History of Human Disease ( CUP: 1939 ed) 354 -362. following the useful survey by Angela Leung.\*\*\***

**Wujastyk, Dominik. Roots of Ayurveda, 52 – 3, 67 – 70, 82 – 83, 25 – 53.\*\*\***

Meulenbed, Gerrit Jan. 'The constraints of theory in the evolution of nosological classifications: a study on the position of blood in Indian medicine (ayurveda)' in Meulenbed, GJ. Medical Literature from India, Sri Lanka and Tibet, 91 – 106.

11. 12<sup>th</sup> January Alchemy, Medicine and Religion (China)  
(Read sections on religion in Shaughnessy (2000) *or* Ebrey (1996), paperback in 1999 for background *or* Cua ( 2003: 214 - 229).

**Kohn. L,(2000) . 165 – 8, 464 - 465, 481 - 491.\*\*\***

**Levi, Jean, 'The Body: The Daoists' Coat of Arms' in Feher, Michel ed. Fragments for a History of the Human Body, 105- 127.\*\*\***

12. 19<sup>th</sup> January Alchemy, Medicine and Religion (India)  
Wujastyk, D. (1998), chapter 3, section "Rejuvenation through Soma" (171-77 of the 1998 edition).

White, David E. The Alchemical Body (Chicago, 1996), chapters 1 and 3.

Kamil V. Zvelebil, The Siddha Quest for Immortality (Oxford, 1996), chapters 9 and 10.

B. V. Subbarayappa, *Medicine and Life Sciences in India* (New Delhi, 2001), chapter 8 "Rasayana and Vajikarana (Rejuvenation and Virilization)" by J. Narayan, and chapter 9 "Rasasastra (alchemy): its principles and Medicinal Aspects" by D. Joshi.

13. 26<sup>th</sup> January            The Pharmacological Traditions  
Unschuld, Paul. Medicine in China: A History of Pharmaceutics (University of California, 1986).\*\*

Mitchell, Feng and Wiseman. Shang Han Lun (On Cold Damage), (Brookline: Paradigm Publications, 1999), 1 – 33.\*\*

Lu Gwei-djen. 'China's Greatest Naturalist; A Brief Biography of Li Shih-chen' in Physis 8: 383 – 392.

Harper, Donald. The Mawangdui Medical Manuscripts (London: KPI, 1998), 98 – 110.

13. 2<sup>nd</sup> February            Narcotic Culture: A History of Opiate Use in China (Professor Frank Dikotter, SOAS)  
Dikotter, Laaman and Zhou. 'A social history of drug consumption in China' in Brit. J. Criminol. 2002, 317 – 336.\*\*

Laamann, L. "Pain and Pleasure: Opium as Medicine in Late Imperial China" in Twentieth Century China vol. 28, No 1 (Nov 2002), 1 – 20. \*\*

14. 9<sup>th</sup> February            Food and Medicine  
Kiple, K. et al. Cambridge World History of Food (Cambridge: CUP, 2000), 1165 – 1175). *Read for background.*

Buell and Anderson. A Soup for the Qan: Chinese Dietary Medicine of the Mongol Era as seen in Hu Szu-Hui's Yin-Shan Cheng-Yao., (London: KPI, 2000), 81 – 158.\*\*

Anderson. The Food of China ( New Haven: Yale, 1988), 229 – 243.\*\*

Unschuld, Paul. Medicine in China: A History of Pharmaceutics (University of California, 1986), 205 – 228.\*\*

Week commencing 16<sup>th</sup> February=Reading Week

16. 24<sup>th</sup> February            The Construction of Tradition: TCM  
Taylor, Kim. 'Medicine of Revolution: Chinese Medicine in Early Communist China, 1945-63' (PhD dissertation, University of Cambridge, 2000) – Chapter 3, 'Modernising the Old: The Creation of a 'Traditional' Chinese Medicine (1953-56) ', p.108-183\*\*





Mark Harrison, 'Medicine and Orientalism: Perspectives on Europe's Encounter with Indian Medical Systems', Biswamoy Pati and Mark Harrison (eds.), Health Medicine and Empire: Perspectives on Colonial India (Hyderabad: Orient Longman, 2001).

David Arnold, Colonizing the Body: State Medicine and Epidemic Disease in Nineteenth-Century India (Berkeley and London: University of California Press, 1993).

Sanjoy Bhattacharya, 'Re-devising Jennerian Vaccines?: European Technologies, Indian Innovation and the Control of Smallpox in South Asia, 1850-1950', Biswamoy Pati and Mark Harrison (eds.), Health Medicine and Empire: Perspectives on Colonial India (Hyderabad: Orient Longman, 2001).

20. 24<sup>th</sup> March                      The Evaluation of Traditional Medicines  
Vincent and Furnham, Complementary Medicine (Chichester: Wiley, 1997),

Atherton, DJ. 'An orthodox practitioner's view of Chinese Medicine' in Chan & Lee. The Way Forward for Chinese Medicine (London: Taylor and Francis, 2002), 397 – 413.

Sivarajan, V. V. and Indira Balachandran. Ayurvedic drugs and their plant sources (New Delhi/Bombay/Calcutta: Oxford & IBH, 1994).

R. N. Chopra and I. C. Chopra and K. L. Handa and L. D. Kapur. Chopra's indigenous drugs of India, (Calcutta: Dhur & Sons, 1958).

WHO report of Traditional Medicine Strategy  
[www.who.int/medicines/organization/trm/wpe4.jpg](http://www.who.int/medicines/organization/trm/wpe4.jpg)

House of Lords Report on Complementary Medicine:  
<http://www.parliament.the-stationery-office.co.uk/pa/ld199900/ldselect/ldsctech/123/12301.htm>